**A Healthy Menu**

**Here are the facts.**

Gillian and Bill have heard a lot about overweight Americans and how this can cause many health problems. They look at food labels and are amazed at the number of calories some foods have. They would like to plan a menu for three days that has a reasonable number of calories, tastes good, and fulfills the daily food requirements.

**Your assignment:**

Determine an appropriate number of calories for a day, then plan meals and snacks for a day.

**Form a plan:**

Research the elements of a healthy diet.

Make a list or table.

Plan meals and snacks.

**Here is one way to complete your assignment:**

1. Research an appropriate number of calories and balance of food groups for a day.

2. Make a table with the following headings: FOOD, SERVING SIZE, and NUMBER OF CALORIES.

3. Look up the number of calories found in foods you eat. Use information on websites such as <http://www.acaloriecounter.com/> .

4. Record the data on the table.

5. Develop daily menus based on your data. Include portion sizes.